



# W@W

## Winning @ Wellness

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Worksite Wellness News

## Be Healthy @ Work: Texting and Driving

Many of us have done it-even though we know we shouldn't. Texting while driving. As our love affair with mobile devices increases-either out of necessity or accessory, so do the dangers associated with using them. Texting and driving is also considered "distracted driving." Distracted driving is any activity that can divert your attention away from the primary task of driving. All distractions endanger the driver, their passengers and bystander safety. According to National Highway Traffic Safety Administration (NHTSA), types of distracted driving include:

- Using your cell/smart phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading/looking at maps
- Using a navigation system
- Watching a video
- Adjusting the car audio system
- Texting

But texting while driving involves all three major types of distraction. They are:

**Visual**-taking your eyes off the road

**Manual**-taking your hands off the steering wheel

**Cognitive**-taking your mind off your driving

### Key facts and statistics about distracted driving

1. In 2011, 3,331 people were killed in crashes involving a distracted driver, as compared to 3,267 in 2010. Additionally, 387,000 were injured in motor vehicle crashes involving a distracted driver as compared to 416,000 in 2010.
2. In the month of June 2011, more than 196 billion (yes, billion) text messages were sent/received in the U.S., up nearly 50 percent from June 2009. (CTIA The Wireless Association)

3. Drivers who use hand-held devices are four times more likely to get into crashes serious enough to injure themselves. (*Monash University*)
4. Sending or receiving a text takes a driver's eyes from the road for an average of four to six seconds, the equivalent (at 55 MPH) of driving the length of an entire football field, blind. (*Virginia Tech Transportation Institute (VTTI)*)
5. Text messaging creates a crash risk 23 times worse than driving while not distracted. (VTTI)
6. Texting slows your brake reaction speed by 18 percent (*HumanFactors & Ergonomics Society*)
7. Texting and driving is about the same as driving after drinking four beers.



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### What can you do?

There are ways in which you can eliminate texting and driving.

- Turn off your electronic devices and put them out of reach before you start driving.
- Speak up when you are a passenger and your driver uses an electronic device while driving. Offer to make the call for the driver, so his or her full attention stays on the driving task.
- Always wear your seat belt. Seat belts are the best defense against other unsafe drivers.
- Be a role model and set a good example for your co-workers, family and other passengers in your vehicle.



The DHSS State Vehicle policy states: "Operators of state vehicles or private vehicles on state business must adhere to applicable traffic laws and should operate the vehicle in a safe and attentive manner. The operator should avoid activity that may hinder safe operations such as inappropriate use of a cell phone; eating or reading while driving; and any other activity that may hinder the driver's attentiveness."

So next time you are in your vehicle and you hear your phone ring, think before you pick it up. Is that call or message so important that it is worth risking your life and the lives of other people?

### References and resources:

<http://www.distractation.gov>    [www.textinganddrivingsafety.com](http://www.textinganddrivingsafety.com)

## Worksite Wellness in action: The Mamm Van at DHSS

Knowing that early detection of breast cancer can greatly increase the chance of successful treatment, the DHSS Worksite Wellness Committee hosted the Ellis Fischel Mammography Van on March 20th at the Jefferson City main campus.



Twenty-seven DHSS employees took advantage of the services provided that day. Some of the comments we received were:

- "I had a wonderful experience and I so appreciated the opportunity to participate in the service. I learned so much from the medical staff from Ellis Fischel regarding the importance of self-exams."
- "Fast, convenient and the ladies were very professional. The nurse was very helpful in explaining things and made me feel very at ease."
- I appreciated the convenience of having the van come to my workplace. It was a good experience."

If you are interested in having the Mamm Van come to your workplace, please go on-line at [http://www.muhealth.org/body\\_efcc\\_new.cfm?id=3114](http://www.muhealth.org/body_efcc_new.cfm?id=3114) for scheduling information.

Due to the overwhelming response from DHSS employees, the Ellis Fischel Mamm Van will be at the DHSS campus for two days in 2014 -**Thursday, March 20th and Friday March 21st**. Be sure to mark your calendars for those dates!



## Move More @ Work: Wall Sits

Looking for a way to build some strength and endurance while at the office? Try doing a wall sit. Wall sits help to build strength in your rectus femoris muscles (which extend the leg and flexes thigh), vastus lateralis, medialis and intermedius (which extend the leg) and your gluteus maximus (which extends the thigh). Strengthening these muscles can help you rise from a chair quickly and climb stairs more easily.

### How to do a wall sit:

Doing a wall sit is not complicated, but you do need to be aware of your form.

1. Start with your back against a wall, your feet shoulder-width apart and two feet from the wall.
2. Slowly slide your back down the wall until your thighs are parallel to the floor. Both your hips and knees should be at right angles.
3. Adjust your feet if needed so that your knees are directly above your ankles. You do not want your knees out over your feet because it puts undue stress on your knee joints.
4. Keep your back flat against the wall and heels on the floor.
5. Try to hold that position for 20 to 60 seconds, rest for 30 seconds, then repeat the exercise. If that is too difficult, then just slide up and down or hold for a shorter amount of time. To decrease the intensity, do not slide down the wall as far.
6. Increase your hold time by five seconds as you increase your strength.
7. You may feel a slight burning in your quads, but if you experience any pain the knee or kneecap, stop the exercise.



References: <http://sportsmedicine.about.com/od/strengthtraining/qt/wall-sit.htm>

## An Ounce of Prevention: Think Healthy. Swim Healthy. Be Healthy.

When the weather is hot, thoughts turn to finding ways to cool down. Local creeks and rivers can be a tempting spot for those looking for a good place to splash around and cool off. You may want to take a few minutes to educate yourself about healthy swimming and recreational water illnesses (RWI).

RWIs are caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water in swimming pools, hot tubs, water parks, water play areas, interactive fountains, lakes, rivers or oceans. RWIs can also be caused by chemicals in the water or chemicals that evaporate from the water and cause indoor air quality problems. RWIs can be a wide variety of infections, including gastrointestinal, skin, ear, respiratory, eye, neurologic and wound infections. The most commonly reported RWI is diarrhea. Diarrheal illnesses can be caused by germs such as *Cryptosporidium*, *Giardia* and *Escherichia Coli* (E. Coli) all of which can sicken people and some can, at times, be fatal.



These pathogens are found in the feces of many wild and/or domestic animals and livestock. Streams can become contaminated with pathogens from animal waste or from heavy rains causing run-off from surrounding pastures. Natural streams can also be contaminated from sewage spills. People swimming in these streams can come into direct contact with the pathogens.

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## The Employee Buzz...

### ***“How*** *do you stay safe in the sun?”*

*“I spend a lot of time on the water fishing for hours on end and it seems that because of the reflection I get a double-dose of sunshine. I keep a thick high-spf sunscreen in my tackle box, as well as a cap to shade my face and scalp, and I always wear sunglasses. I also keep a light-weight long sleeve shirt with me in case I feel like I’m getting too much sun on my arms. I always have my tackle box in the trunk, so if I stop for a spontaneous hike, the sunscreen and cap are handy. There’s nothing that ruins a great fishing trip like coming home with a painful sunburn... except maybe coming home with an empty stringer, too!”*

**Angela Oesterly, Section for Child Care & Regulation**

*“I use sunscreen and try to take frequent breaks from sun exposure.”* **Ben Harvey, Office of Primary Care and Rural Health**

*“I use sunblock or stay in when it is too hot.”* **Anna Baker, Section for Environmental Public Health**

*“With me having Lupus there are many things that I do to stay safe in the sun: I apply sun screen, wear light colors, drink lots of water and try to limit the amount of time that is spent in the sun.”*

**Theresa Driver, MO State Public Health Lab**

*“I have a very fair complexion and burn easily so I always ensure I am wearing sunscreen that is waterproof. If I am going to be outside for more than just a few hours I wear a sunscreen that has a SPF at 30 or greater. I also wear a hat if working or gardening to protect my scalp. I always have a bottle of water handy too!”*

**Cindy Jobe, Central Registry Unit, DRL**

*“Being prepared is the key. We get warned about protecting our skin, but not as much focus is put on the possible damage to your eyes from UV exposure, such as pterygium. Sun glasses should not just be selected for their cuteness factor, but for how much UV protection they provide.”*

**Mulima Walusiku, Bureau of Financial Services**

*“I always use a moisturizer that contains a sun block.”* **Dawn Nelson, Division of Senior and Disability Services**

**We want to hear from you for the next Employee Buzz!** With warmer weather and sunny skies becoming the norm, we want to know ***“What was your favorite summertime activity growing up?”*** For example, *“Going to the city swimming pool every day with my friends.”* Email your response to [worksitewellness@health.mo.gov](mailto:worksitewellness@health.mo.gov). Please tell us if you do not want your name included with your quote.

**“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.”**

**Harriet Tubman**

## Eat Smart @ Work:

### Grilled Teriyaki Shrimp Kebabs

#### Ingredients

##### Sauce:

- ¼ cup low-sodium teriyaki sauce
- 1 tablespoon sesame seeds, toasted

##### Kebabs:

- 48 large peeled and deveined shrimp (about 1½ pounds)
- 32 (1-inch) pieces cubed fresh pineapple (about ¾ pound)
- 1 medium red onion, cut into 8 wedges
- Cooking spray

##### Preparation:

- Prepare grill.
- To prepare sauce, combine teriyaki sauce and sesame seeds in a small bowl.
- To prepare kebabs, thread 6 shrimp, 4 pineapple chunks, and 1 onion wedge alternately onto each of 8 (10-inch) skewers. Brush kebabs with teriyaki mixture.
- Place kebabs on grill rack coated with cooking spray; grill 8 minutes or until shrimp are done, turning once.

**Yield:** 4 servings (serving size: 2 kebabs)

Elisa Bosley, [Cooking Light](#)

[www.cookinglight.com/food/top-rated-recipes/five-star-grill-recipes-00400000028550/page43.html](http://www.cookinglight.com/food/top-rated-recipes/five-star-grill-recipes-00400000028550/page43.html)



#### Nutritional Information

Amount per serving

- Calories: 254
- Calories from fat: 14%
- Fat: 4g
- Saturated fat: 0.7g
- Monounsaturated fat: 0.8g
- Polyunsaturated fat: 1.6g
- Protein: 35.6g
- Carbohydrate: 17.6g
- Fiber: 1.9g
- Cholesterol: 259mg
- Iron: 4.6mg
- Sodium: 514mg
- Calcium: 110mg

### Ounce of Prevention (continued from page 3)

Remember natural streams are not disinfected. To help protect yourself and other swimmers from pathogens, here are a few simple and effective steps all swimmers can take each time we swim:

- Avoid swimming after a heavy rain.
- Avoid swallowing the water and avoid getting the water in your nose or mouth.
- Don't swim when you have diarrhea.
- Shower with soap before you start swimming.
- Rinse off before you get back into the water.
- Take bathroom breaks every 60 minutes.
- Wash your hands after using the toilet or changing diapers.
- Check the chlorine and pH levels before getting into the water. Proper chlorine (1–3 mg/L or parts per million [ppm]) and pH (7.2–7.8) levels maximize germ-killing power. Most superstores, hardware stores and pool-supply stores sell pool test strips.
- Parents of young children should take a few extra steps:
  1. Take children on bathroom breaks every 60 minutes or check diapers every 30–60 minutes.
  2. Change diapers in the bathroom or diaper-changing area and not poolside where germs can rinse into the water.

For more information about healthy swimming, water safety and RWI's, see CDC's website: [www.cdc.gov/healthyswimming/](http://www.cdc.gov/healthyswimming/).

## DHSS Wellness Superstar

Vicki Keller is a Program Coordinator in Home and Community Based Assessment for the Division of Senior and Disability Services in Jefferson City. She has worked for the state since 1991 and DHSS since 1997. Diane Wehrle nominated her for Wellness Superstar because she has changed her eating habits resulting in weight loss.

### Healthy Eating

About 10 months ago Vicki woke up one morning, looked in the mirror and said, "This is it, I need to lose weight." Vicki is a competitive person, especially with herself, so it was not hard for her to make the change to eating healthier. She added more fruits and vegetables to her diet and decreased breads, cheeses and sweets. Vicki found adding more fruit was challenging. She is not generally a fruit eater and seems to gravitate to the same items. Last fall she added a grapefruit to breakfast each morning and noticed she didn't get the colds or allergy issues that plagued her in the past. Vicki also uses less rice and doesn't cook with butter anymore. She found a low carbohydrate tortilla that has about 60 calories and likes to stuff it with baked chicken and vegetables.

To keep her healthy eating habits on-track, Vicki monitors what she eats and how much she weighs. When she started on the path to healthier eating, Vicki began to keep track of what she ate for breakfast, lunch, snacks and dinner, as well as the number of calories she consumed. Vicki also checks her weight about twice a week.

### Exercise

"My biggest challenge has been exercise," stated Vicki. Although she has exercised some through her weight loss journey, she has not done it on a regular basis. She has done some walking, weight lifting and calisthenics. Vicki plans to start participating in Walking Wednesdays and hopes to become more active as the weather gets warmer. Vicki takes every opportunity to use the stairs instead of an elevator and parks farther away from stores so she has to walk more.

### Family Inspiration

Vicki's new healthier habits have enabled her to enjoy time with family more. Vicki's grandson likes to take walks and she is more comfortable doing that with him now. She has more energy which allows her to run and play with him.

Vicki's daughter once told her that she needed to park farther away from buildings and walk more. She said, "Someday you will want to walk and not be able to." Vicki stated that her daughter is her inspiration! And Vicki has become the inspiration for other family members too. After seeing the changes she has made, Vicki's sister and brother-in-law have also started to change their habits to improve their health.



**The Worksite Wellness Committee is always looking for "Wellness Superstars" to highlight in the Winning @Wellness newsletter. If you have done something to improve your health or know someone who has, (eating more fruits and veggies, being more physically active, or becoming tobacco free, etc) we would like to hear from you! Please email us at [WorksiteWellness@health.mo.gov](mailto:WorksiteWellness@health.mo.gov).**



# Worksite Wellness News

## Strive For Wellness Ambassador Update

### Step Into Spring

Spring has finally arrived in mid-Missouri. As we experience the re-growth that occurs, *Strive for Wellness (Strive)* brings state employees a fun and interactive campaign to re-grow or reinforce our health behaviors. Visiting a farmers' market, eating more local produce and getting active outdoors are just some of the ways to take advantage of what spring has to offer. Look for weekly messages with resources to help you pick-up these and other healthy habits.

### Strive Updates

Missouri Consolidated Health Care Plan (MCHCP) hired Chris Lindsey as the new *Strive for Wellness* Program Manager. Chris is the Missouri Lottery's past Ambassador, so he comes with first hand program experience.

The pilot Building Ambassador projects in Springfield and Columbia are going extremely well. The projects aim to encourage participation in wellness activities for employees not located in the Jefferson City area. *Strive* will be looking for additional buildings for further roll-out. Please let us know if you think your building would be a good candidate.

### Partnership Incentive Reminder

Employees taking advantage of the Partnership Incentive to receive a reduced health insurance premium, must submit the Health Care Provider form by May 31, 2013.

Steps for submitting the form:

- Print your personal Health Care Provider form through myMCHCP.
- Receive your annual wellness exam between June 1, 2012, and May 31, 2013. Your exam is covered at 100 percent under MCHCP's medical plans.
- Take the form with you to your exam. If you already received your exam, ask your provider to complete the form.
- Be sure your provider completes and signs the form with your height, weight and blood pressure.
- Submit the Health Care Provider form to StayWell. It must be received by May 31, 2013.

For more information about the Partnership Incentive or to access materials from past *Strive* campaigns, please visit <http://www.mchcp.org/stateMembers/striveForWellness/index.asp>.

As always, the Wellness Committee welcomes your ideas and encourages your participation in all DHSS and *Strive* wellness initiatives. Please feel free to provide feedback to your committee members and on the evaluation forms available at the end of each *Strive* campaign.

Sincerely,  
Pat Simmons & Michelle Jacobsen  
DHSS Wellness Ambassadors

## Upcoming Wellness Events

### Walking Wednesdays

The **1st and 3rd Wednesday** of every month are **Walking Wednesdays**. But don't forget that if there is a **5th Wednesday** in a month, that too is a Walking Wednesday! **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch hour.**

**More fun wellness events are being planned. More information to follow in the next newsletter!**

